



SHYNESS AND BLUSHING.

Two Trying Defects Which Have Their Origin in a Lack of Self-Possession.

There is probably no defect which causes so much anguish of spirit and discomfort as shyness and blushing. Nobody who has not personally suffered from it can even begin to conceive what torture it may cause.

Shyness may proceed from one of two causes—the one physical, the other mental. It is often an affair of health. The nerves are out of order, and the will becomes weak. People shrink from their fellow-creatures, and are filled with an unreasonable horror of meeting or speaking to them. This is often the case after an illness, or when one has been overworking, and strained the physical powers too much. The best cure for this kind of shyness is fresh air, exercise and cheerful society.

But there is another shyness, and one harder to cure, which comes from mental causes. Its afflicted possessor may be in robust health and yet so tormented by this inward enemy that she finds all intercourse with other people positively alarming. To meet strangers causes her a severe struggle.

In either case, the root of the matter is self-consciousness, and it is only by losing that self-consciousness that self-possession and confidence can be gained. As long as one thinks about oneself at all, one will be liable to shyness. The only cure is to thrust all recollection of oneself into the background as much as possible, when one will gradually become natural, happy and at ease.

To overcome shyness and blushing there is nothing on earth like going a great deal into society, and every effort possible should be made to achieve this. This does not merely mean social life, but intercourse with one's fellow creatures. Force yourself to speak to every one you come in contact with, no matter what it costs you at first. Go on bravely; never mind how much you may blush and stammer. Persist in it, and it will grow easier and easier. Never shrink from putting yourself into positions which may draw attention upon you.—N. Y. Journal.

HAS FINE ALTO VOICE.

Mary Anderson Navarro, Once Queen of the Stage, Makes Successful Debut as Singer.

Mrs. Mary Anderson Navarro, at one time the most popular actress in America, recently appeared before a large audience in London, England, as a vocalist, and scored a tremendous success. She possesses a rich, clear contralto voice, developed during the past three years by Francis Korbay, the famous Hungarian composer and instructor. Mr. Korbay has been staying with the Navarros at their quiet country home



MARY ANDERSON NAVARRO.

at Broadway, England, where they have as their next-door neighbor Maude Valerie White, and it was with songs written by the latter and Mr. Korbay that Mary Anderson chose to make her reappearance, although she says she will never again adopt the stage or platform as a profession. The great actress persistently denies that she will appear in America this season in a series of readings, although the announcement of her appearance has been made with many evidences of truthfulness several times this summer and fall.

Mats for the Washstand.

Very pretty and inexpensive washstand mats can be made from colored cloth with a deep crocheted border. This can be either white or a color harmonizing with the room decorations. Pretty ones are also made from squares of colored bath towel and canvas with a deep scalloped bordering. All these mats are easily washed (if the washstand. This has flights of colored linen butterflies of different sizes, applied to the foundation with tiny black silk button-hole stitch, the markings of wings and antennae being shown by the fine lines of marking ink put in with the finest of map pens. The whole is easily washed and with a judicious arrangement of color is most effective.—Chicago News.

When Making Buttonholes. Always run the buttonhole twist all around the hole about one-sixteenth of an inch from the edge before beginning the actual buttonholing? This strengthens and prevents it from tearing out, besides serving as a guide to the depth of the stitches.

MARY'S CLEVER IDEAS.

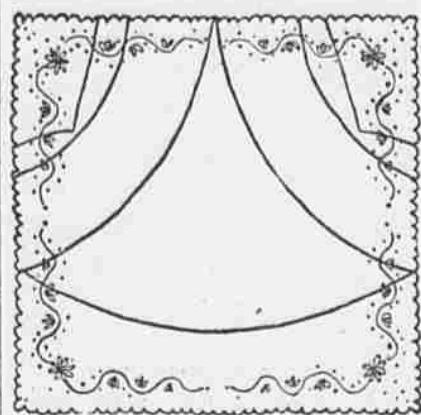
How She Transformed a Lot of Fancy Handkerchiefs Into Pretty Christmas Gifts.

One day Mary bought at a bargain-sale a lot of pretty fancy kerchiefs. Some were a trifle damaged, and were sold for about one-fourth the regular price.

Being a very clever girl, she soon transformed them into a number of pretty gifts for her Christmas-box, for it is her habit to begin to plan for Christmas quite awhile beforehand.

One pretty scalloped-border kerchief had a hole about the size of a dollar in the middle. The illustration will show you how she cut it up. The piece with incurved edge, that runs along one full side of the kerchief, and the two other corner-pieces were put together to form a dainty turnover collar. This was done by placing the cut side of the small piece under the scallops on one end of the long piece, the scallops buttonholed down to the under piece, and the raw edge of linen cut away. This gave an odd double-corner effect that was very pretty. The two curved strips were narrowly hemmed, crossed in the middle, and tied loosely, and when the collar was set into bands of muslin the little bow made a fitting finish for the front.

A hemmed-edge, fancy embroidered kerchief was made into two collars



A CLEVER GIRL'S IDEA.

for two small sisters, it being nearly large enough to go around their necks as it was. A ruffle of inch-wide lace finished the edges. After cutting the collars from the two opposite sides, there remained a strip about five inches wide through the center. The handkerchief was scorched down the middle fold, but was otherwise good. So this strip was divided in two, each hemmed, and made into tiny bows for the closing of the collar.

Two embroidered-edged ones had the scalloped edges a little defective, so of them she made a sofa-pillow cover. Two squares of prettily colored cloth were chosen, each being about four inches larger than the kerchiefs, and one kerchief laid in the center of each. Then with a contrasting shade of silk thread the scallops were fastened to the foundation with button-hole stitch. A cord finished the edge of the pretty cover.

One that was perfect she used to fashion an odd hat-pin cushion. She procured a round pickle-bottle about six inches tall, and filled it with slipped felt and woolen bits. Then she cut a 13-inch circle of pale blue silk, gathered it along the edge, and, slipping it over the bottle, drew the strings tightly around the neck of the bottle. A little round cap of blue was drawn smoothly over the top, and sewn firmly to the gathers at the neck. This gave a sort of full-skirt appearance to the bottom of the cover. The kerchief was laid over the top of the bottle, with the center exactly in the middle of the opening, then with a bit of No. 2 pale blue ribbon it was tied about the neck of the bottle, and finished with a fluffy bow. As this was a deeply embroidered pattern in a very "holey" design, the effect was very dainty. It can be kept dainty, as the kerchief cover is easily removed and washed.

Another "whole" kerchief helped beautify a little basket. This was an embroidered silk one, of the style now used for nothing save fancy work. She chose one of the little Japanese "jinko," or ball-baskets, and measured the distance from the mouth, clear around the basket, and back again to the other side of the mouth. Then she added two inches to that measure, and drew a circle on the kerchief that was the same as this in diameter. She gathered along this line, using the over-and-over stitch, and doing it on the right side of the handkerchief. The handkerchief being white, with pink embroidery, she lined the basket with a bit of pink silk, bringing the lining-edges well over to the outside of the basket. She then set the little basket into the bag made of the kerchief, and drawing the string until the bag opening just fitted that of the basket, she caught it fast with invisible stitches. A string of small pink beads was sewed on as you would apply a cord finish. This was for use on the dresser, to hold collar-buttons.—May Myrtle French, in Farm and Fireside.

New Hair-Dressing Idea.

Hair dressed well forward and on the top of the head is once more becoming the order of the day and of the evening, too, for that matter. It should be drawn up rather close to the head at the back, taking care, however, that it is not too tight just behind the ears, for this detail, slight as it may seem, often constitutes the difference between a becoming and a dowdy coiffure. The front should be pulled well forward, but not too low down over the forehead, as this is rather apt to give a scowling aspect to the most genial of countenances. The width of the head should be accentuated as little as possible, except in those cases where the face is already very long and requires a broader effect to be imparted by the hair.—Chicago Examiner.

TO DESTROY DERELICTS.

Congress Expected to Provide for the Construction of a Vessel to Rid the Sea of Dangerous Crafts.

It is more than likely that at the coming session of congress an appropriation will be made for the construction of a derelict destroyer for the bureau of navigation of the department of commerce and labor. A vessel of this sort would not cost more than \$200,000, and should be an enlarged model of the present ocean-going tug, its mission being the towing to shore of derelicts rather than their demolition on the high seas.

About a decade ago a proposition to have the several powers co-operate in the construction of such a vessel met with a decided repulse at the hands of European countries which were invited to enter into the scheme, the United States being as good as told that the large majority of the derelicts that were encountered on the Atlantic by liners and merchants' vessels were boats of this country, and that it was the business of the United States to destroy them and not to suggest that other nations assist in the work.

Although this was in a large measure true, the menace of such abandoned vessels was as great to other nations as to the United States, and this country at that time thought that those placed in jeopardy should take upon their shoulders a portion of the cost of ridding the seas of them. Nearly all of the abandoned vessels found in the lanes of the Atlantic and along the coast of the United States are lumber-laden American schooners. The character of their cargoes prevents their sinking, and they float about the ocean a constant menace to commerce. As an old member of the bureau of navigation said: "They are the only craft permitted to sail the high seas without lights." The United States has reached the conclusion that the onus lies here, and following up this will probably provide for the vessel to rid our coast of them.

Rural Delivery at Sea.

The captain of the steamer Benader, of Leith, in a voyage to China, threw a bundle of letters overboard in the Mediterranean. Some Spanish fisherman of Aguilas, near Cartagena, later caught a large fish, and on opening it found a bundle of letters inside. They took this to the mayor, who managed to decipher the name and address of the superintendent of the steamship line in London and thus to restore the letters to their owner.

Buys Island for Thirty Cents.

Senator John E. Fox, of Harrisburg, Pa., owns an island in the Susquehanna river, opposite Harrisburg, which he purchased for 30 cents. The island was formed by the gradual accumulation of sand and alluvial deposit. It contains one acre and forty-four perches. Senator Fox filed a formal claim for it, and the internal affairs department has decided the property was his. The price paid under the law was the regulation 30 cents.

Louisiana's Exhibit.

In Louisiana's rice exhibit at the World's Fair there will be a miniature rice field, watered by a miniature canal. There will be a model rice mill in operation, a rice warehouse with shipping platform and a miniature train loaded with small sacks of the cereal. In the field will be shown the methods of cultivation, and models of harvesting machines and threshers.

Wives by the Carload.

A carload of wives from Virginia is asked for by Montana bachelors. How history does repeat itself, remarks the Philadelphia Inquirer. Three hundred years ago the bachelors of Virginia brought shiploads of wives from England, paying therefor in good tobacco. And they were worth it.

Those Flats.

The mother with her little ten-year-old daughter was returning to her tiny flat after a call on a friend who resided in a large house, with spacious grounds about it. As she neared the home she sighed and remarked to her little daughter: "Dolly, when I come back home after visiting Mrs. Wallin I feel as if I had come back to live in a hat box."

Dolly gave a sigh exactly like her mother's and said, diamally: "And I feel as if I had come back to live in a keyhole."

The Doctor's Statement.

St. John, Kans., Nov. 16th.—This town has a genuine sensation in the case of a little boy, the son of Mr. and Mrs. William McBride. Dr. Limes, the attending physician, says:

"Scarlet Fever of a very malignant type brought this child very near to death, and when the fever left him, he was semi-paralyzed in the right leg and right arm. He also lost hearing in his right ear and his mind was much affected. "His parents tried another treatment for a time and when I was recalled I found that he was having spells very like Epilepsy and was very bad and gradually growing worse. I advised the use of Dodd's Kidney Pills and in a short time the child began to improve. Inside of a week the nervous spasms or epileptic seizures ceased altogether."

Mr. and Mrs. McBride have made a sworn statement of the facts and Dr. Jesse L. Limes has added his sworn statement saying that Dodd's Kidney Pills and nothing else cured the fits.

"Tess"—"He proposed to me to-day, and he was so impatient. He wanted me to marry him right away. But I was not to be hurried." "Jesse"—"So you put him off, eh?" "Tess"—"Yes, indeed. I told him he'd have to wait until to-morrow."—Philadelphia Press.

New Fast Train to Texas via Iron Mountain Route, leaving St. Louis 8:30 a. m. for points in Texas and the Southwest. Direct connection with trains from North and East. In addition to this the Iron Mountain Route has three other trains to Texas, leaving St. Louis 2:21 p. m., 8:40 p. m. and 3:05 a. m. Through Pullman Sleepers, Dining Cars and Elegant Chair Cars. Twelve hours saved to California. Fastest schedules to Texas. Tourist tickets on sale the year round. Write any agent of Iron Mountain Route, or H. C. Townsend, General Passenger and Ticket Agent, St. Louis.

It is the aim of the theatrical manager to hitch his wagon to the proper star.—Puck.

Double Daily Through Service to California via Missouri Pacific Railway and Iron Mountain Route. Choice of Central route through Colorado or via the True Southern Route through Texas, Arizona, etc. Through sleeper to Los Angeles. Only line operating through sleeping cars, St. Louis to San Francisco. Tourist car service to California four days in the week. For rates and full information address any agent of Missouri Pacific Railway, or Iron Mountain Route, or H. C. Townsend, General Passenger and Ticket Agent, St. Louis.

If you don't try to live up to your ideals the chances are they'll come down.—Puck.

Dish Washing in Winter. Housekeepers naturally dread dish washing in winter, owing to the fact that it chaps the hands and renders them hard and rough. Much of the injury, however, results from the use of impure soap. If ivory soap is used in washing dishes and the hands are carefully rinsed and dried, they will not chafe.

ELEANOR R. PARKER.

The recipe for perpetual ignorance is: Be satisfied with your opinions and content with your knowledge.—Ali Baba.

Stops the Cough.

Quinine and the cold. Laxative Bromo Quinine Tablets. Price 25 cents.

The man who refuses to believe the truth is often credulous when a lie is told to him.—Town Topics.

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Virtue and happiness are twin sisters.—Chicago Daily News.

Piso's Cure for Consumption is an infallible medicine for coughs and colds.—N. W. Samuel, Ocean Grove, N. J., Feb. 17, 1900.

The richest purse often has the poorest contents.—Town Topics.

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Miss Rose Peterson, Secretary Parkdale Tennis Club, Chicago, from experience advises all young girls who have pains and sickness peculiar to their sex, to use Lydia E. Pinkham's Vegetable Compound.

How many beautiful young girls develop into worn, listless and hopeless women, simply because sufficient attention has not been paid to their physical development. No woman is exempt from physical weakness and periodic pain, and young girls just budding into womanhood should be carefully guided physically as well as morally.

If you know of any young lady who is sick, and needs motherly advice, ask her to write to Mrs. Pinkham at Lynn, Mass., who will give her advice free, from a source of knowledge which is unequalled in the country. Do not hesitate about stating details which one may not like to talk about, and which are essential for a full understanding of the case.

Miss Hannah E. Mershon, Collingswood, N. J., says:

"I thought I would write and tell you that, by following your kind advice, I feel like a new person. I was always thin and delicate, and so weak that I could hardly do anything. Menstruation was irregular. "I tried a bottle of your Vegetable Compound and began to feel better right away. I continued its use, and am now well and strong, and menstruate regularly. I cannot say enough for what your medicine did for me."

How Mrs. Pinkham Helped Fannie Kumpe.

"DEAR MRS. PINKHAM:—I feel it is my duty to write and tell you of the benefit I have derived from your advice and the use of Lydia E. Pinkham's Vegetable Compound. The pains in my back and womb have all left me, and my menstrual trouble is corrected. I am very thankful for the good advice you gave me, and I shall recommend your medicine to all who suffer from female weakness."—Miss FANNIE KUMPE, 1922 Chester St., Little Rock, Ark. (Dec. 16, 1900.)

Lydia E. Pinkham's Vegetable Compound will cure any woman in the land who suffers from womb troubles, inflammation of the ovaries, kidney troubles, nervous excitability, nervous prostration, and all forms of woman's special ills.

\$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Med. Co., Lynn, Mass.

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